



EXAMINATIONS COUNCIL OF ZAMBIA

JUNIOR SECONDARY SCHOOL LEAVING EXAMINATION (GRADE 8) 2016

Home Economics Paper 1

601/1

Theory

(INTERNAL AND EXTERNAL CANDIDATES)

Marks: 100

Time: 2 hours

Instructions to Candidates

- 1 Pull out the **Answer Booklet** from the question paper.
- 2 Write your name, examination number, school/centre name and code on the front page of the **Answer Booklet**.
- 3 Write all your Answers in the **Answer Booklet**.
- 4 Answer all questions in Sections A, B, C and D.

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Information for Candidates

Cell phones are not allowed in the examination room.

DO NOT TURN THIS PAGE UNTIL YOU ARE TOLD TO DO SO.

Section A [25 marks]

Nutrition And Cookery

- 1 Define the term nutrition. [1]
- ? 2 In the food pyramid, mention at least four foods that should be eaten less. [4]
- ? 3 A deficiency of vitamin C (ascorbic acid) causes _____. [1]
- ? 4 State at least **two** reasons why we cook food. [2]
- ? 5 Meals are made up of different sections or courses, explain the following: [3]
- (i) Starter;
 - (ii) A two course meal;
 - (iii) Main course.
- 6 Mention any **one** factor to consider when preparing left over foods. [1]
- ? 7 How would you use croutons for garnishing? [1]
- 8 Below are steps in bread making. Re-arrange them in the correct order
Shaping, baking, mixing, kneading, proving or rising, sifting flour, kneading, proving or rising. [4]
- 9 Name one local food that can be preserved. [1]
- 10 Explain **three** reasons for preserving food. [3]
- ? 11 State one advantage and one disadvantage of convenience food. [2]
- 12 In the absence of wheat flour, what two local products can be used to make fritters in Zambia? [2]

Section B [25 marks]

Home Management

- 13 (a) Name **one** labour saving equipment used in the kitchen. [1]
- (b) Explain the importance of having good ventilation and lighting in the kitchen. [1]
- (c) What is the use of a 'U' bend in a kitchen sink? [1]

- 14 How would you improvise a rolling pin in baking? [1]
- 15 State any **one** reason for making a budget [1]
- ? 16 (a) Outline one point to consider when choosing floors [1]
 (b) Describe how to clean a copper ornament [2]
 (c) Write one advantage of using solid fuel stores. [1]
- 17 Show how cushions can be used for decoration in the home. [1]
- 18 (a) Give **one** example of pests that attack wood. [1]
 (b) Choose a food pest from the list below;
 (i) Mosquito
 (ii) Lice
 (iii) Bedbugs
 (iv) Cockroaches [1]
- 19 Explain the importance of having a kitchen garden. [1]
- ? 20 (a) Describe who a consumer is. [1]
 (b) Write **one** way of buying items. [1]
- ? 21 (a) List **two** types of services found in the hospitality industry. [2]
 (b) Explain what customer care is. [1]
- 22 Give any ingredient used to make soap. [1]
- 23 Distinguish natural fibres from synthetic fibres. [1]
- 24 (a) What is a care label? [1]
 (b) Draw the following international care labels [3]
 (i) Do not dry-clean
 (ii) Drip-dry
 (iii) Cool iron
 (c) What method of washing would you use to wash a nylon dress? [1]

Section C [25 marks]

Health Education

- (25) Mention a room in the home where most accidents occur. [1]
- (26) Answer True or False
- (i) A scald is a burn from hot liquid or steam.
- (ii) You can give a sick person medicine that was prescribed for another person. [2]
- (27) Describe at least three points on how one should care for the feet. [3]
- (28) Fill in the missing words:
- The period of change from childhood to adulthood is called _____ [2]
- which is also known as _____
- (29) In boys, the testes produce _____ [2]
- which is stored in the _____
- 30 Mention **one** problem teenage girls may experience when they become pregnant. [1]
- 31 List down any **four** methods of contraception. [1]
- (32) Explain **two** ways on how you would prevent sexually transmitted infections (STIs). [2]
- 33 Outline any **three** points you would consider when buying toys for children. [3]
- 34 Explain **one** point on the importance of play in children. [1]
- 35 Mention any **two** advantages of breast feeding. [2]
- 36 Describe **two** ways in which you would help a baby to sleep. [2]

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Section D: [25 MARKS]

NEEDLEWORK AND CRAFTS

- 37) Yarns are made into fabrics using different methods. Name one of the methods. [1]
- 38) (a) Mention **one** measuring tool in needlework. [1]
 (b) Give examples of two types of needles used in needlework. [2]
 (c) Write the use of a thimble. [1]
- 39 What is a seam? [1]
- 40 Suggest any **two** points you would consider when choosing or using fasteners. [2]
- 41 Outline any **two** examples of garments where the use of French seam is suitable. [2]
- 42 Draw the following pattern markings:
 (a) Place on fold of fabric;
 (b) Notches. [2]
- 43 Explain any **two** uses of crossway strips [2]
- 44 (a) Why is it important to mend garments before laundering? [1]
 (b) "A stitch in time saves nine." Explain what this statement means. [1]
- 45 Describe **two** ways of recycling discarded articles. [2]
- 46 (a) Name any **two** types of weaves you know. [2]
 (b) State the meaning of the following crocheting abbreviations.
 (i) dc
 (ii) sk [2]
- 47 List any **two** items that can be made using beads. [2]
- 48 There are **three** basic methods of introducing colour to the fabric. Mention any one of them. [1]